

EPISODE 2

Systems Over Motivation The Comeback

Before you start:

*Find somewhere quiet. Get a pen and paper — or use the space provided here.
This is not a listening exercise. You've already listened. This is where you take action.*

Every model in this programme ends with one question:

“What will you do with what you just heard?”

DREAMS DESERVE EXECUTION

Inspirations by Bridgette · Elevate with Bridgette

Worksheet 3: Systems Over Motivation

Motivation gets you started. A system is what keeps you going once motivation fades, especially in the messy middle.

Part 1: Notice the Stall

1. What are the things you've noticed going out of touch lately? Where do you feel you're hitting a wall, or not seeing changes anymore?

Part 2: Build Your Daily System

List the tasks that move you toward your goal, how often you'll do them, and the exact trigger that starts them (a time, an alarm, a place).

Task	How Often	Trigger

Part 3: Your System Statement

Answer each part, then combine them into one System Statement.

2. Definition: What do you want to achieve? Is the goal clear enough? Do you have the resources it needs?

3. Urgency: How urgent is this goal? What happens if you miss it — nothing, or something significant?

4. Clarity: What tools, avenues, and pillars will you use to achieve it?

5. My System Statement (combine Definition + Urgency + Clarity + Action):

Part 4: Design for Your Lowest Day

6. What is the system or routine you're creating now to move you from stuck to something great?

7. What is the smallest version of this action you could still do on your lowest-energy day?

Part 5: Your Rhythm of Consistency

8. What is the rhythm you want to create for your life? Which days, and what time, will you repeat this action?

Remember: missing it once doesn't mean you've failed, just don't let it become the new pattern.

Worksheet 4: The Comeback

This one is for the goal you quietly stepped away from — weeks ago, months ago, or longer. The comeback isn't about motivation. It's about permission.

Part 1 — Your Permission Statement

1. If you were to ask the version of yourself before things got hard, how would they tell you to re-enter? Write your permission statement — be sincere.

Part 2 — Name the Gap

2. Where are you now? Write your current situation honestly.

3. Where do you want to be? Write that situation.

4. What is the gap between the two — and what's one way you could start closing it?

Part 3: Release the Guilt

5. Write a statement addressing any guilt that's stopping you from moving. Tell yourself, plainly, that you can move, not with motivation alone, but with action.

Part 4: Your Comeback Rules

6. Write three or four rules you'll use every day to move your comeback forward, back to the version of you who was doing great, not the messy middle you're leaving behind.

Part 5: The One Adjustment

7. Name one specific thing you'll do differently this time. Not a whole new plan, just one adjustment.

Part 6: Set Your Environment

Implementation intention: make the next step physically easy to start. Put the tool, the notebook, the laptop where you'll see it tomorrow morning.

8. What is the goal you quietly stepped away from, and without judging yourself: how long has it actually been?

9. What will you physically place somewhere visible tonight, so tomorrow's first move is already halfway done?

Print this worksheet and place your answers somewhere you'll see them each morning, on a wall, or as your laptop wallpaper. The reminder is part of the system.

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